Claims

1. Food product comprising an aqueous phase, said product comprising β-sitosterol and β-sitostanol, characterised in that the amount of β-sitostanol is from 5 to 10 wt% based on the total weight of β-sitosterol and β-sitostanol.

2. Food product according to claim 1 wherein the amount of β-sitostanol is from 6 to 9 wt%, preferably from 6.5 to 8.5, more preferred from 7 to 8.5 wt% based on the total weight of β-sitosterol and β-sitostanol.

3. Food product according to claim 1 wherein the β- sitosterol and β-sitostanol are at least partly esterified to fatty acids.

4. Food product according to any of claims 1-3 which additionally comprises up to 1 wt% campestanol, preferably from 0.7 to 1 wt% campestanol based on the total weight of the phytosterols in the food product.

5. Food product according to any of claims 1-4 wherein the amount of β-sitosterol is from 45 to 90 wt%, preferably from 50 to 90 wt%, more preferred from 70 to 90 wt% on the total weight of all phytosterols in the food product.

6. Food product according to any of claims 1-5 wherein the total weight of phytosterols is from 0.5 to 15 wt%, preferably from 1 to 10 wt% free phytosterols based on the total weight of the food product.

7. Food product according to any of claims 1-6, which is selected from the group comprising milk, yoghurt, margarine, and juices.

8. Food product according to any of claims 1-7, which comprises fat, preferably at a level of at least 10 triglyceride molecules per phytosterol molecule.

9. Food product comprising β- sitosterol and a small amount of β- sitostanol for use in reducing the absorption of β- sitosterol in blood.

10. Method for preparing a formulation for use in lowering the uptake of β-sitosterol in blood wherein a composition comprising β- sitosterol and β-sitostanol, wherein the amount of β-sitostanol is from 5 to 12 wt% based on the total weight of β-sitosterol and β-sitostanol, is used.

11. Method for preparing a formulation for use in the reduction of total triglyceride levels in blood, wherein a composition comprising β- sitosterol and β-sitostanol, wherein the amount of β-sitostanol is from 5 to 12 wt% based on the total weight of β-sitosterol and β-sitostanol, is used.